

MORNING ROUTINE

Week of: _____

- Make Bed

7:00 AM

- Empty Dishwasher

7:15 AM

- Start One Load of Laundry

7:30 AM

- Wipe Kitchen Counters

8:00 AM

- Take Out Trash / Recycling

8:15 AM

- Quick Floor Sweep

8:30 AM

- Water Indoor Plants

WEEKLY

"Outer order contributes to inner calm."